

Saturday, September 10, 2022
9:00am to 12:30pm

Prayer of the Heart ... *with Art*

Rev. Paula Vukmanic



You have a heart ~ an essence that is you. Believing in and allowing your personal heart encounters with God to flow through you can lead you into a deeper, peaceful & loving awareness of the amazing self that you are. How do you get in touch with what is being revealed within you? "Prayer of the Heart with Art" will foster an inner listening, using introverted and extroverted forms of prayer. Our session will explore the revelations of mandala making, poetry, the simplicity of the haiku and word collages to express our feeling and thoughts. We will experience silence, seeing, hearing, creating, walking and breathing in the Presence of God's inspiring Spirit.

The Rev. Paula recently retired as Rector of St Francis Episcopal Church in Palos Verdes Estates. She is a professional artist and has exhibited in galleries for many years. Paula has given workshops, retreats and taught *plein aire* painting. Paula is a teacher, provided pastoral care, and led a parish as an Episcopal priest.

Cost: \$40 per person (all materials included)

To register call José at (310) 377-4867 x250 or email him at jsalas@maryjoseph.org or register online at www.maryjoseph.org.

Please see website for Cancellation Policy.

MARY & JOSEPH RETREAT CENTER

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